

DINNERLY



Haloumi Pita Pockets with Israeli Salad and Tahini Sauce



25 minutes



2 Servings

Here's a speedy meal that's got it all. Think warm pita pockets brimming with golden haloumi, tangy pickled onion and a refreshing salad. Simply drizzle with a tahini sauce and devour.

WHAT WE SEND

- 1 red onion
- 1 Lebanese cucumber
- 1 tomato
- parsley
- 2 pita pockets¹
- 40g tahini¹¹
- 180g haloumi⁷

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 1 garlic clove
- 1 tbs white or red wine vinegar¹⁷
- 3 tsp honey
- 1½ tbs olive oil

TOOLS

- mandoline (optional)
- oven tray
- foil
- medium frypan

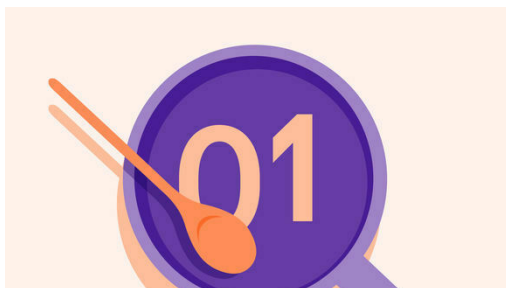
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Milk (7), Sesame (11), Sulphites (17). May contain traces of other allergens.

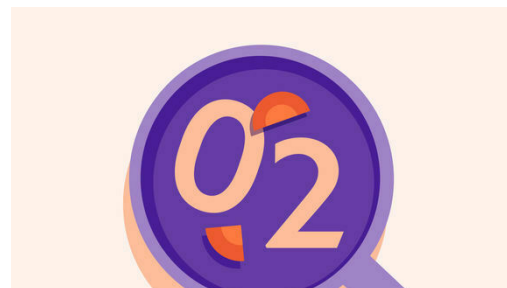
NUTRITION PER SERVING

Energy 825kcal, Fat 45.6g, Carbs 68.0g, Proteins 28.9g



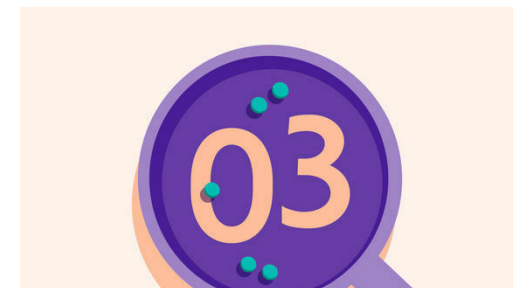
1. Prep ingredients

Preheat the oven to 200C. Thinly slice **half the onion*** with a sharp knife or mandoline. Cut the **cucumber** and **tomato** into 1cm chunks. Crush or finely chop **1 garlic clove**. Pick the **parsley** leaves, discarding the stems.



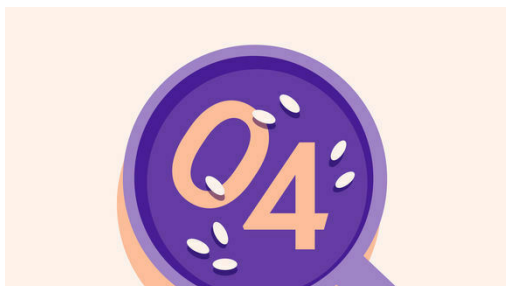
2. Warm pitas

Halve the **pitas** to form 4 pockets, put in a single layer on an oven tray and cover with foil. Heat in the oven for 10 mins or until softened and warmed through. Meanwhile, combine **1 tbs white wine vinegar** and **1 tsp honey** in a bowl. Add the **onion** and toss to coat. Set aside to pickle, tossing occasionally, until needed.



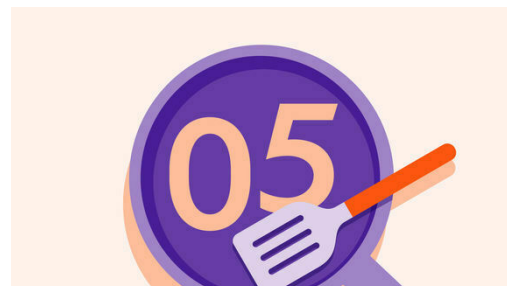
3. Make tahini sauce

Put the **tahini** (see Make it yours), **garlic**, **2 tsp honey** and **2 tbs water** in a bowl. Whisk until smooth. Taste, then season with **salt and pepper**.



4. Fry haloumi

Cut the **haloumi** into 5mm-thick slices. Heat **1 tbs olive oil** in a medium frypan over medium-high heat. Cook the haloumi for 1 min each side or until golden. Remove the pan from the heat.



5. Toss salad and serve up

Combine the **cucumber**, **tomato** and **parsley** in a bowl. Add **2 tsp olive oil**, season with **salt and pepper** and toss to combine. Drain the **onion**, discarding the pickling liquid. Divide the **haloumi**, **pickled onion** and **some of the salad** among the pita pockets. Drizzle with the **tahini sauce** and serve with the **remaining salad**. Enjoy!



6. Make it yours

If you find the flavour of tahini strong, start by whisking a small amount of tahini and water with the honey, then add more of the tahini and water according to your taste.